הלוסו) Mussar Center

Welcome to the Mussar Center's one-page list of 48 Mussar Middot! For a fuller version with verbal roots, literal meanings, and synonyms/antonyms, see the Middot list at www.mussar.center. Permission to freely use this list is granted with the request that you cite/link to the Mussar Center and make a small donation to keep us going.

- 1. AWE Yira (year-AH) יִרְאָה
- 2. BALANCE Izun (ee-ZOON) אָזוּן
- 3. BEAUTY Tiferet (tee-FAIR-et) תָּפאֶרֶת
- 4. BROTHERHOOD Achava (ach-ah-VAH) אַחֲוָה
- 5. CAREFULNESS Zehirut (zeer-OOT) זהירות
- 6. CLARITY Tohar (TOE-har) טֹהַר
- 7. COMPASSION Rachamim (raw-chuh-MEEM) רַחָמִים
- 8. CONSCIENCE Busha (boo-SHAH) בושה
- 9. CONSIDERATION Adivut (ah-dee-VOOT) אַדיבוּת
- 10. CONTENTMENT Histapkut (he-stop-KOOT) הַּסתַפָּקוּת
- 11. COURAGE Ometz Lev (OH-mets lev) אֹמֵץ לב
- 12. DECISIVENESS Charitzut (char-ee-TSOOT) חַרִיצוּת
- 13. DEVOTION Chasidut (chah-see-DOOT) חַסידוּת
- 14. FAITH Emuna (em-oo-NAH) אֱמוּנָה
- 15. FAITHFULNESS Ne'emanut (neh-mahn-OOT) נֶאֶמָנוּת
- 16. FLEXIBILITY Gemesh (GEM-esh) גמשׁ
- 17. FREEDOM Chofesh (CHOE-fesh) חופש
- 18. GENEROSITY Nedivut (nid-ee-VOOT) נדיבות
- 19. GOODWILL Ratzon (ruts-OWN) רצוֹן
- 20. HOLINESS Kedusha (kid-oo-SHAH) קַּדָשָׁה
- 21. HONESTY Yosher (YO-share) יוֹשֶׁר
- 22. HONOUR Kavod (kuh-VODE) כַּבוֹד
- 23. HOPE Tikva (teek-VAH) תִּקְוָה
- 24. HUMILITY Anava (ah-nuh-VUH) עֲנָוָה

- 25. JOY Simcha (SIM-chah) שָׂמְחַה
- 26. JUSTICE Tzedek (TSEH-deck) צֵדֶק
- 27. KINDNESS Chesed (CHEH-sed) าดูก
- 28. KNOWLEDGE Da'at (DAH-aht) דַעַת
- 29. LOVE Ahava (aha-VAH) אהַבה
- 30. MERCY Chemlah (chem-LAH) חֵמְלַה
- 31. MINDFULNESS Metinut (mitt-ee-NOOT) מְתִינוּת
- 32. MODESTY Tzniut (ts-nee-OOT) צַניעוּת
- 33. ORDERLINESS Seder (SAY-dare) סָדָר
- 34. PERSEVERANCE Netzach (NETS-ach) נַצַּח
- 35. PATIENCE Savlanut (sav-lah-NOOT) סבַלנוּת
- 36. PEACE Shalom (shuh-LOME) שַׁלוֹם
- 37. PLEASANTNESS Noam (no-AHM) נֹעם
- 38. RESPONSIBILITY Acharayut (ach-rye-OOT) אַחֱרֵיוּת
- 39. RIGHTNESS Tzedaka (ts-DAW-kuh) צָדָקָה
- 40. SELF-CONTROL Perishut (pree-SHOOT) פָּרישׁוּת
- 41. SERENITY Menucha (min-oo-CHAH) מַנוּחה
- 42. STABILITY Yesod (yee-SODE) יוסיד
- 43. STRENGTH Gevura (g-voo-RAH) גבוּרה
- 44. THANKFULNESS Hod (hode) הוד
- 45. TRUTH Emet (em-ET) אֱמֶת
- 46. UNDERSTANDING Bina (bee-NAH) בִּינַה
- 47. WISDOM Chochma (CHOCH-mah) חָכְמָה
- 48. ZEAL Zerizut (zree-ZOOT) זָרִיזוּת